Compte: 32
Mur: 4
Niveau: High Improver
Chorégraphe: Maggie Gallagher (UK) - September 2022
Musique: Get In or Get Out - Sarah Lake : (Amazon \& iTunes)

Intro: 8 counts, start on vocals

| S1: STEP, | KICK BALL CHANGE, WALK, ROCK, RECOVER, BACK SHUFFLE |
| :--- | :--- |
| 1 | Step forward on right |
| $2 \& 3-4$ | Kick left forward, Step down on left next to right, Step forward on right, Walk forward on left |
| $5-6$ | Rock forward on right, Recover on left |
| $7 \& 8$ | Step back on right, Step left next to right, Step back on right |

S2: $1 / 2$ SHUFFLE, $1 / 4$ SIDE ROCK, RECOVER, BEHIND SIDE CROSS, POINT, HOLD \&
1\&2 $\quad 1 / 4$ left stepping left to left side, step right next to left, $1 / 4$ left stepping forward on left [6:00]
3-4 $\quad 1 / 4$ left rocking right to right side, Recover on left [3:00]
5\&6 Cross right behind left, Step left to left side, Cross right over left
7-8\& Point left to left side, HOLD, Step left next to right
*Restart Wall 3, **Tag \& Restart Wall 9
S3: ROCK, RECOVER, \& HEEL \& HEEL \& ROCK, RECOVER, $1 / 4$ CHASSE L
1-2 Rock forward on right, Recover on left
\&3\& Step right next to left, Touch left heel forward, Step left next to right
4\& Touch right heel forward, Step right next to left
5-6 Rock forward on left, Recover on right
7\&8 $\quad 1 / 4$ left stepping left to left side, Step right next to left, Step left to left side [12:00]
S4: CROSS, $1 / 4$, COASTER STEP, WALK, $1 / 2$, SHUFFLE $1 / 2$
1-2 Cross right over left, $1 / 4$ right stepping back on left [3:00[
3\&4 Step back on right, Step left next to right, Step forward on right
5-6 Walk forward on left, $1 / 2$ left stepping back on right [9:00]
$7 \& 8 \quad 1 / 2$ left stepping forward on left, Step right next to left, Step forward on left [3:00]
(Alternative steps for 6-7\&8: Walk forward on right, L shuffle forward [3:00]
*RESTART: Wall 3 starts facing [6:00]. Dance 16\& counts then restart the dance facing [9:00]
TAGS: At the end of Wall 5 facing [3:00] and Wall 8 facing [12:00], dance the 8 count Tag:
ROCK, RECOVER, R COASTER STEP, ROCK, RECOVER, L COASTER STEP
1-2 Rock forward on right, Recover on left
3\&4 Step back on right, Step left next to right, Step forward on right
5-6 Rock forward on left, Recover on right
7\&8 Step back on left, Step right next to left, Step forward on left
**TAG \& RESTART: Wall 9 starts facing [12:00]. Dance 16\& counts, then do the 4 count tag facing [3:00]: STOMP R, HOLD, STOMP L, HOLD
1-2 Stomp R forward, HOLD
3-4 Stomp L forward, HOLD
Then Restart the dance facing [3:00]
ENDING: Wall 12 starts facing [9:00]. Complete Wall 12, then stomp forward on right to finish facing [12:00]
Thank you to Margaret Hains for suggesting the music

This dance was choreographed for Karin Müntener for her first event in Switzerland
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